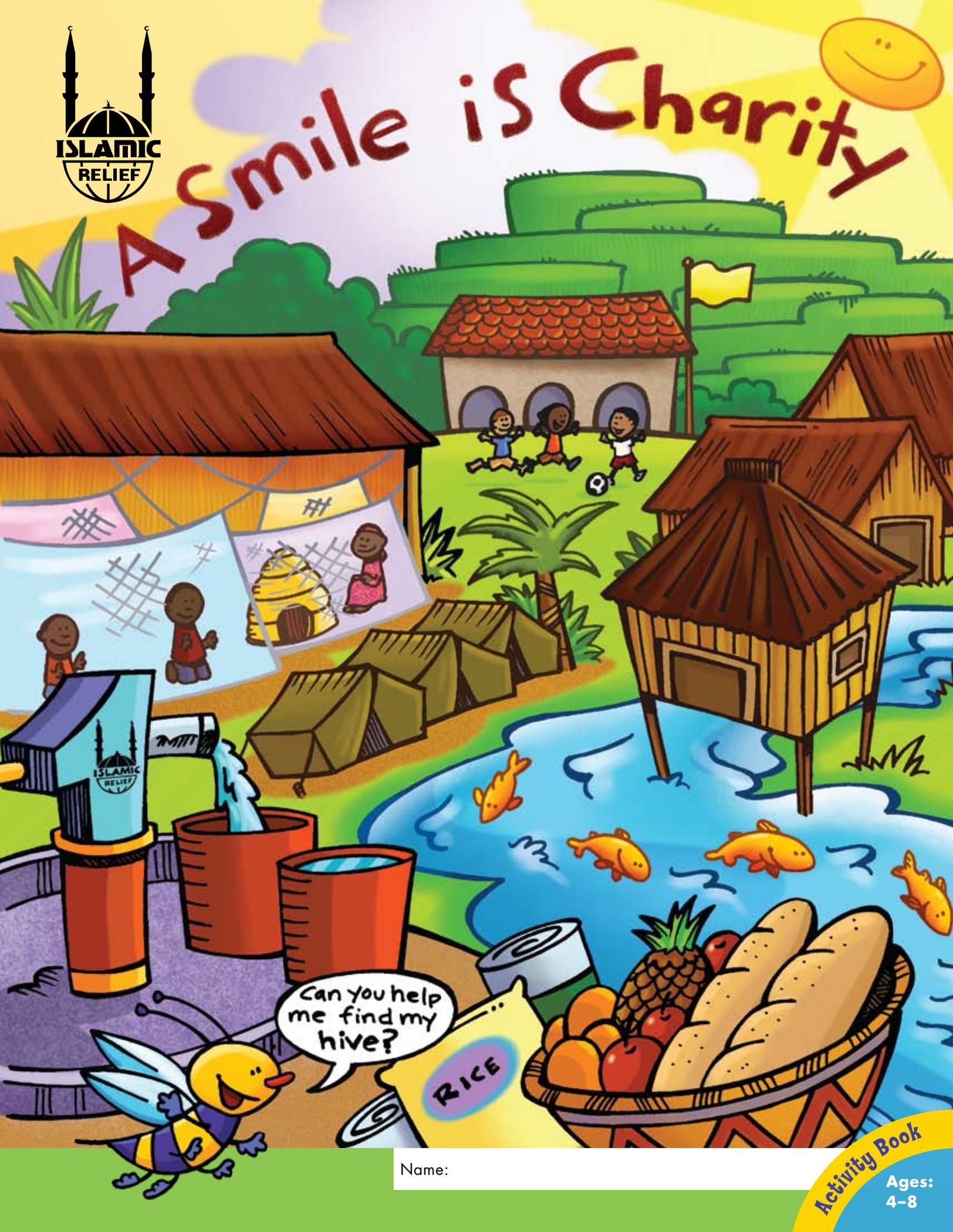




# A smile is Charity



Name: \_\_\_\_\_

Activity Book  
Ages:  
4-8



# Around Our World

The world is a big place. We want you to learn more about places where people live and where **Islamic Relief** works.



## ACTIVITY

The names of each of the world's continents are beside this map, but some of the letters are missing. Fill in the missing letters to find each name. Then write in the number of each continent in the circles on the map.

**Map Key**

- Partners
- Areas we help

- 1    □ F R □ C A
- 2    A □ □ A
- 3    A U □ T R □ L I A
- 4    □ N □ A R C □ I C A
- 5    □ U □ O P E
- 6    N O R □ H □ M E R □ C A
- 7    □ O U T □ A □ E R I □ A

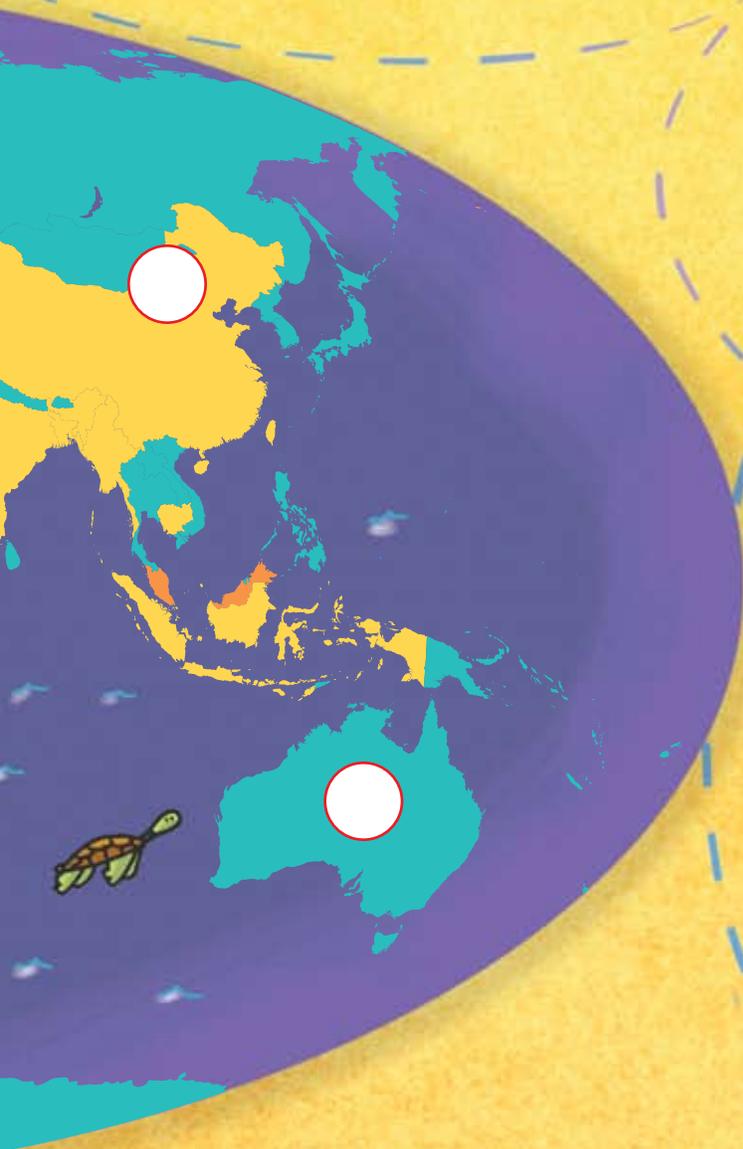


## Helping Others

People, We have created you male and female and have made you nations and tribes so that you may know one another.

*Quran (49:13)*

Can you also draw lines to match the symbols to the work that **Islamic Relief** does? You will learn more about some of these projects in the next pages.



● Food and Nutrition



● Clean Water



● Healthy Lives



● Education



● Helping Orphans



● Emergencies



# Food and Nutrition



## ACTIVITY

What types of food do you like to eat? Can you color the food in these Ramadan gift baskets and add some items of your own?

All people need to eat. **Islamic Relief** gives food to hungry families, especially during Ramadan.

### More than Just Meat

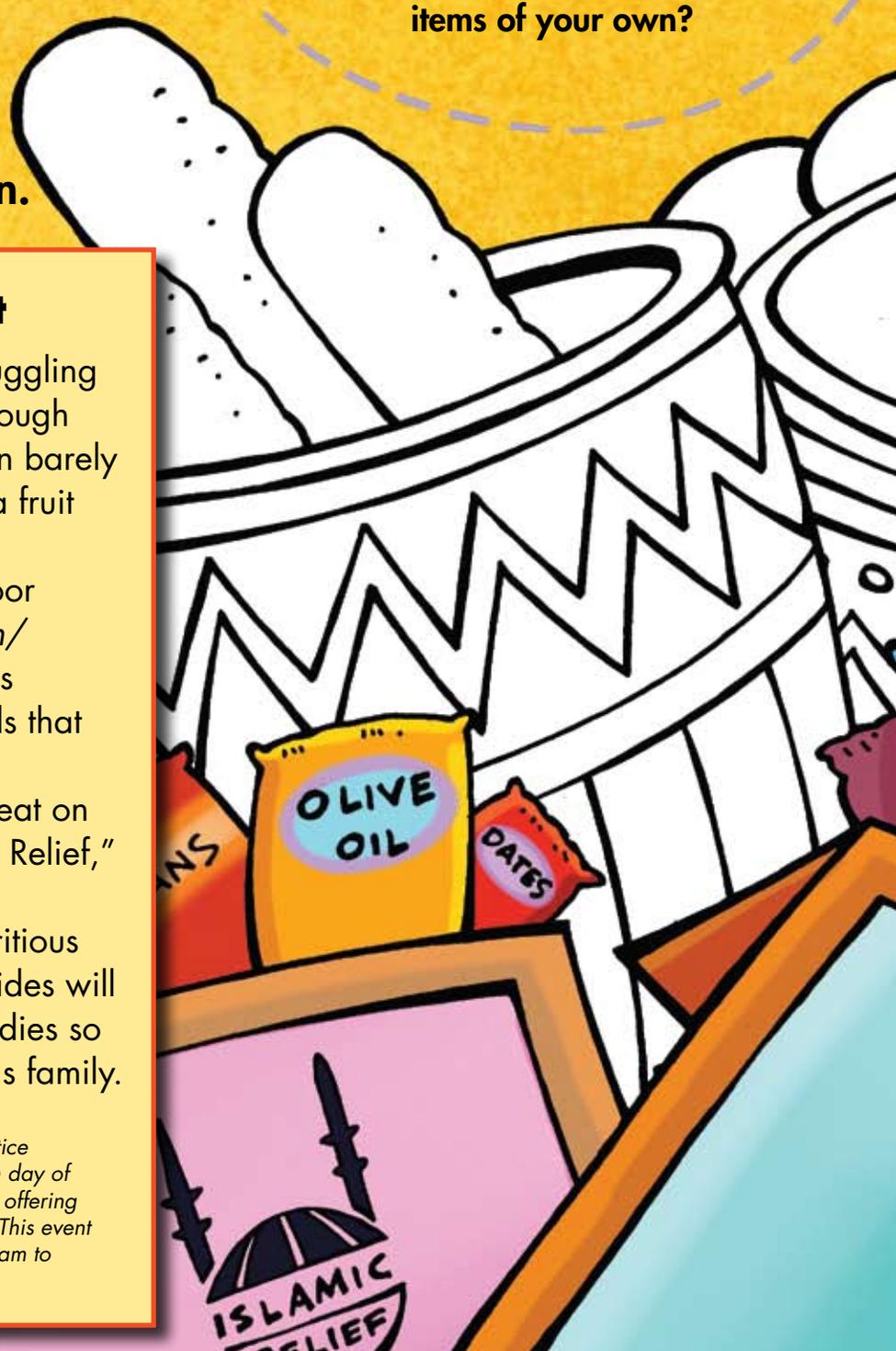
Abdullah's family has been struggling to survive. They rarely have enough food to be satisfied, and he can barely remember the last time he ate a fruit or vegetable.

**Islamic Relief** provides poor families in Yemen with *Udhiyah/Qurbani\** meat, and Abdullah's family was one of the thousands that benefitted.

"We would not have had meat on Eid day if it was not for Islamic Relief," Abdullah's mother said.

Abdullah hopes that the nutritious food that **Islamic Relief** provides will help him concentrate on his studies so he can grow up and support his family.

\* *Udhiyah/Qurbani* is an Islamic religious practice performed at the time of Eid al-Adha (the 10th day of the Islamic month of Dhul Hijjah) involving the offering of an animal (usually a sheep, goat, or cow). This event commemorates the devotion of Prophet Abraham to God Almighty



# إطعام الجائع

*itaam al jaai'*

## Feeding the Hungry

A man asked the Prophet Muhammad, "Tell me something that will send me to Jannah (heaven)." The Prophet responded: "good talk, saying the salaam, and feeding the hungry."



**Try THIS at Home**

See how many calories you need each day. The recommended intake is 1,000 calories per day at age 5. Add 100 calories, per day, for each additional year. Go online to find a calorie tracking sheet. Spend one week filling it in to see how healthy your eating habits are.



# Clean Water

All people need to drink fresh, clean water. Many families in the world do not have water in their homes.

## Clean Water Saves Lives

Fagesi and her children were forced to drink dirty water. Because clean water was so far away from where they lived, they had to drink the same water as their animals.

Dirty water always made the village's people sick.

**Islamic Relief** dug a well in Fagesi's village. Now their lives are easier and better.



## ACTIVITY

Families may need to go to a well or another water source like a stream. Then they have to carry this heavy water home. Can you help these girls get through the maze to bring their water buckets home safely?



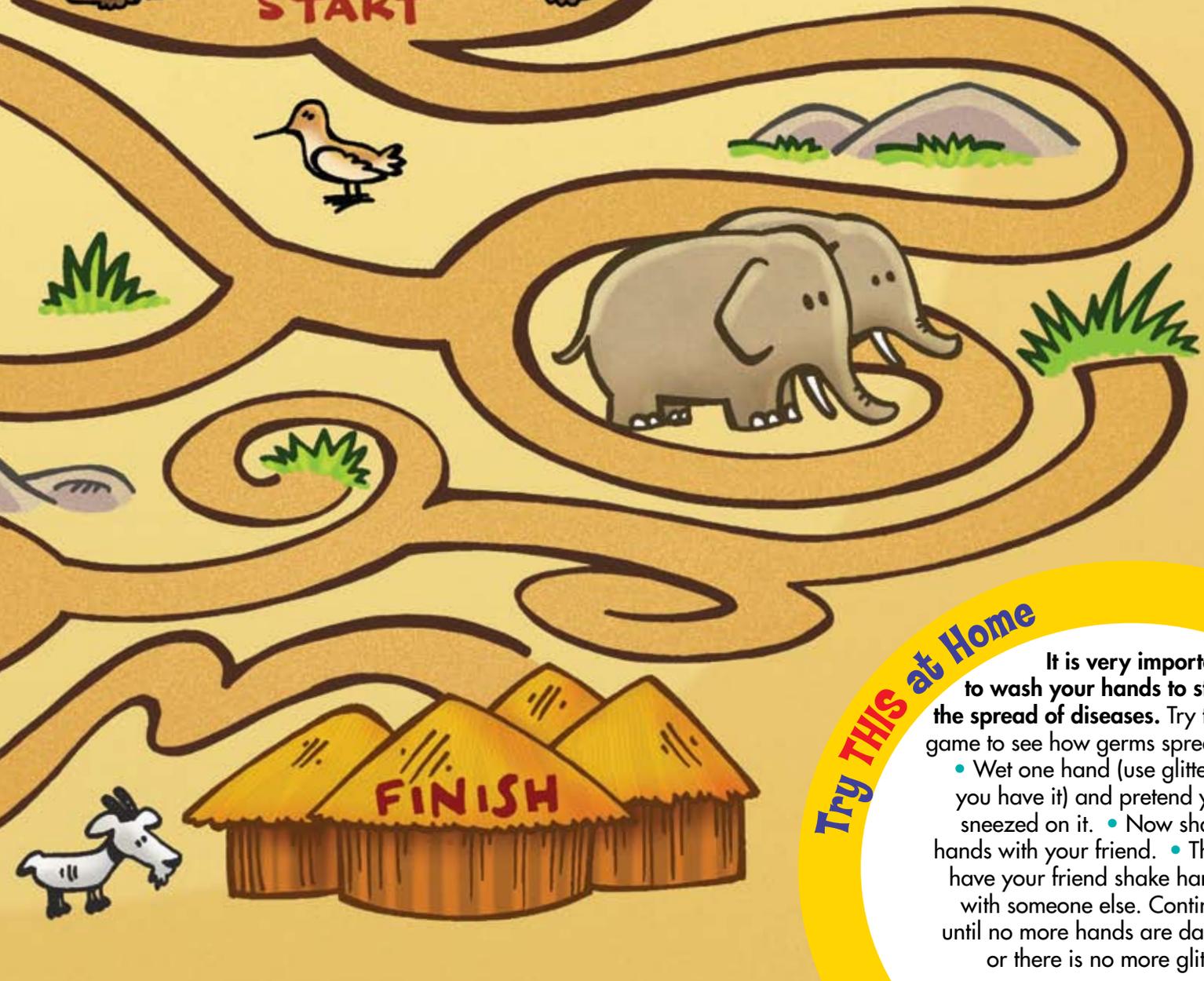
# الماء

al maa'

## Water

And we made every living thing of water.

Quran (21:30)



Try THIS at Home

It is very important to wash your hands to stop the spread of diseases. Try this game to see how germs spread.

- Wet one hand (use glitter if you have it) and pretend you sneezed on it.
- Now shake hands with your friend.
- Then have your friend shake hands with someone else. Continue until no more hands are damp or there is no more glitter.



# Healthy Lives

All people need to sleep. In some countries people need to sleep under nets to protect them from the insects that can bite them and make them sick. **Islamic Relief** gives them the nets and the medicine.

## ACTIVITY

Can you complete this dot to dot and cover this family up to protect them from danger? Then fill in the net with a color of your choice.

1

11

### Managing Malaria

Fatimata is only one-and-a-half years old, but she has been sick for nearly one year.

She has malaria after being bit by a mosquito. She started throwing up, had a high fever, and cried a lot.

Fatima's mom, Jamila, took her to the hospital and after taking some medicine she was better. A few weeks later Jamila's other children got sick too.

Jamila didn't have the money to buy medicine again and she was worried she would lose her children.

**Islamic Relief** USA's "Bite the Bug" project is helping people like Fatimata and Jamila by providing medicine to treat malaria, and bed nets to keep mosquitoes away.

10

12

9

2

13

8

3

14

7

4

5

6

15



# الصحة

assiha

## Health

And when I am ill, it is He who cures me.

Quran (26:80)

20

19

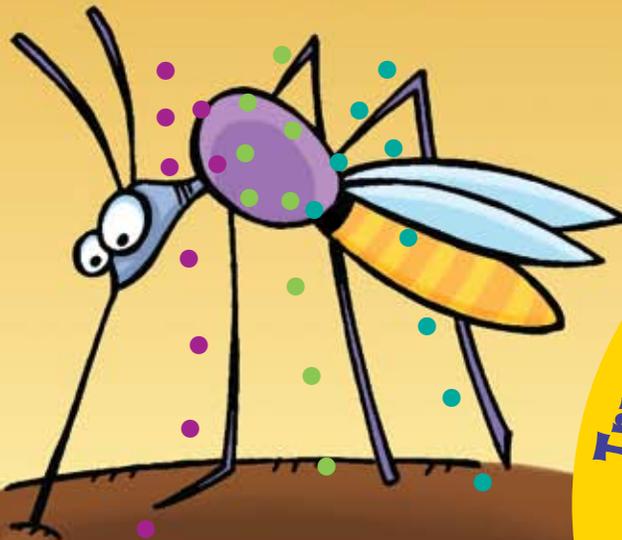
18

17

16



Can you also draw lines between the dots to complete the legs of the attacking mosquito?



**Try THIS at Home**

Find out more about malaria. Join our *Bite the Bug* campaign where you can make a shoe box diorama of a village and display it at your school, or mosque/house of worship to teach others about the importance of nets for saving lives. (See back cover)



# Education

Children everywhere wish to learn. **Islamic Relief** builds schools and gives children backpacks and supplies and even food so they are ready to study.

## Schoolhouse Blues

12-year-old Obaij's school used to meet outdoors. When it rained, class would be cancelled. Obaij was sad that she couldn't learn and have fun with her classmates.

**Islamic Relief** built a school in Obaij's village and supplied the teachers with learning materials.

"I am glad that there is now a school in my village where we can attend our classes completely protected from the rain," Obaij said. "The thing that makes me happier though is that I am learning."



LMKI



## ACTIVITY

Can you unscramble these words all related to school?



AKKACCBP



IMOFRNU



HEBCN

# التعليم

att'a leem

## Education

Read in the name  
of your Lord.

Quran (96:1)



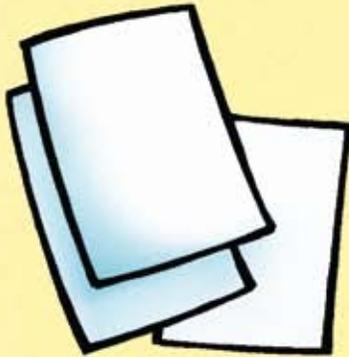
**BLOEG**



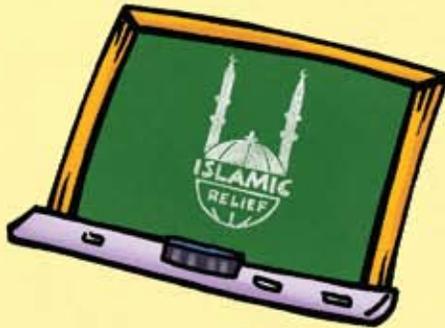
**KOSOB**



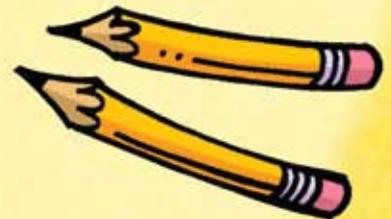
**CUHLN**



**ERAPP**



**ROAKLDAHCB**



**SIPECLN**



**COLSOH**



**YOSRACN**

**Try THIS at School**

Split into 2 groups. Group A comes to school as normal, prepared and organized and Group B brings NOTHING to school. No school supplies, no back pack, no lunch, no books, nothing. Now, it is the job of Group A to welcome and provide for their classmates—sharing all. Talk about how this felt.



## ACTIVITY

The money a sponsor family sends will help the orphan child buy food, medicine, and school items. Can you find some of the items from the list hiding in this picture?



# Helping Orphans

Some children do not have parents. **Islamic Relief** helps these children by helping to find a family in the USA who can look after them, in addition to finding caregivers where they live.

### Sponsoring an Orphan

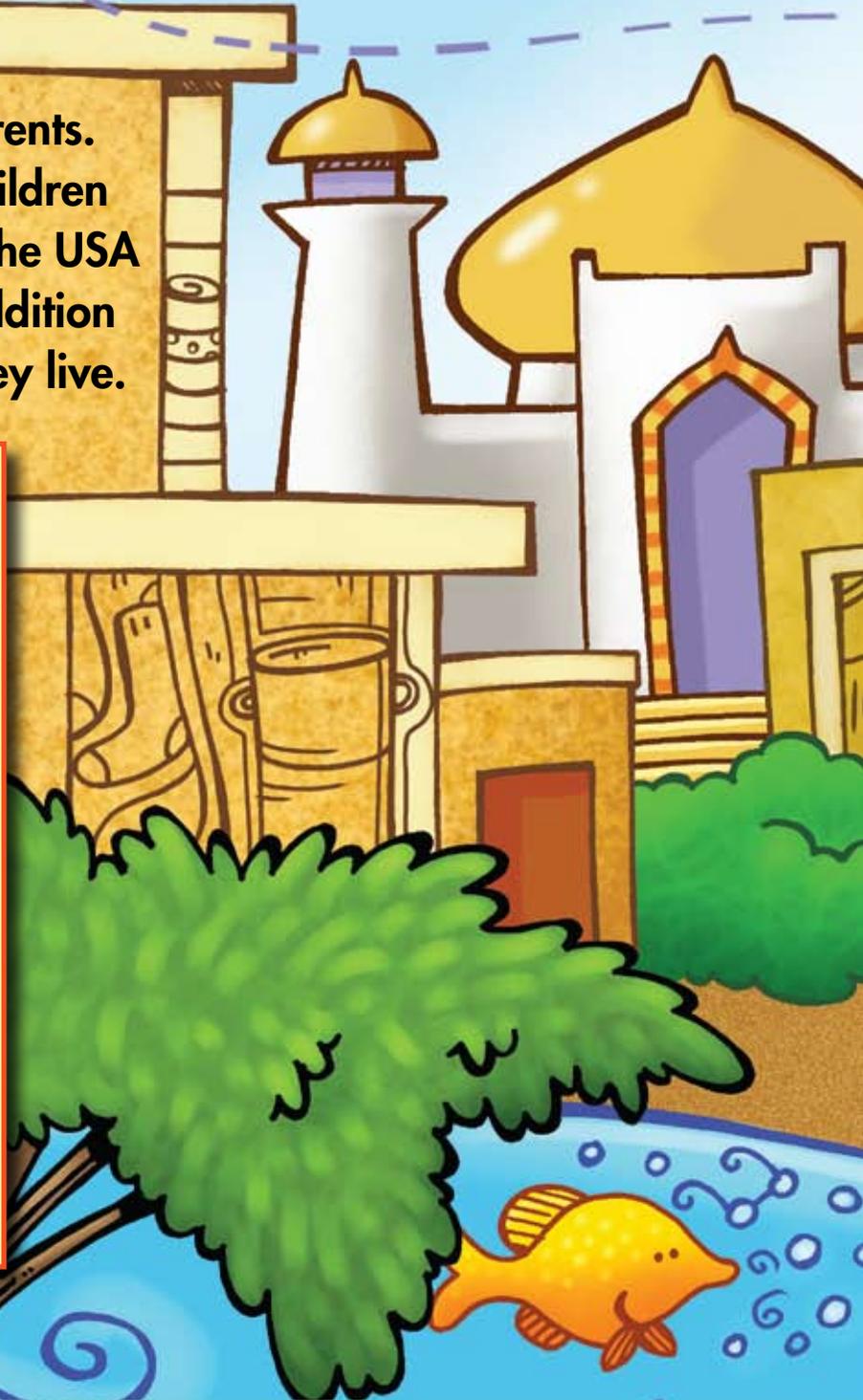
Eight-year-old Shakeela lived in a shack made of leaves and mud with her mother, brother and two sisters.

Their home was very small.

Shakeela's father passed away, so the family didn't have enough money for a new home, new clothes, or even books for school.

A generous donor began sponsoring Shakeela through **Islamic Relief**.

Now the family has furniture, new clothes, and most importantly the children can go to school.



## Dates to Observe Chosen by Each Country

baby's bottle  
book  
canned food  
drinking mug  
eyeglasses  
flashlight

flip flops  
hair brush  
loaf of bread  
medicine bottle  
needle and thread  
cooking pot

soap  
sock  
spoon  
toothbrush  
T-shirt  
water jug

# اليتامى

*al yatamaa*

## Orphans

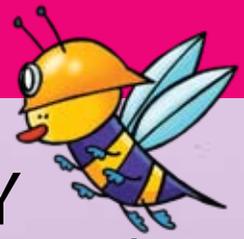
Be kind to parents,  
relatives, orphans, the  
needy, neighbors  
and travelers.

*Quran (4:36)*



**Try THIS at Home**

Sponsor an orphan in another country or ask your class to sponsor one. Decorate a box or can and collect money for children in need in your community or for **Islamic Relief**.

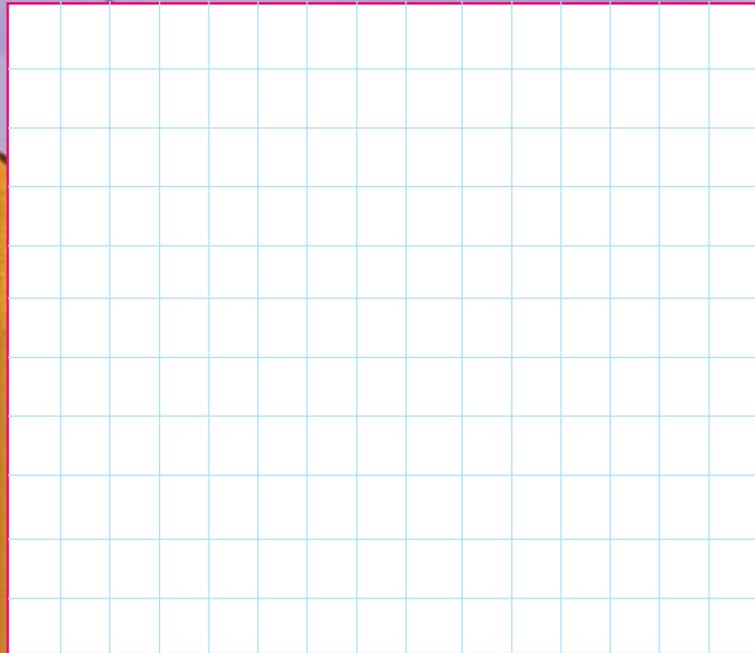


# Emergencies

**Islamic Relief** works in many places as you have learned, but sometimes disasters happen in these places where we work or in new places.

## ACTIVITY

Everyone should be prepared. We want you to be prepared too. Draw a **risk map** here. Draw your room or your house and how you would get out safely and where you would meet your family if something were to happen.



### Responding in an Emergency

Darmatawi's home collapsed in the earthquake, on top of all her memories and belongings.

Suddenly, her family didn't have a place to live, and there was no food or water for them.

Because nearly all of the homes in her village were damaged or destroyed, even her neighbors couldn't help.

The children didn't have a school to attend anymore and she was hopeless.

**Islamic Relief** responded, providing tents for displaced families, in addition to food, water and other necessities.

**Islamic Relief** also offered games and programs for the children.



Observed Annual 2nd Saturday of October



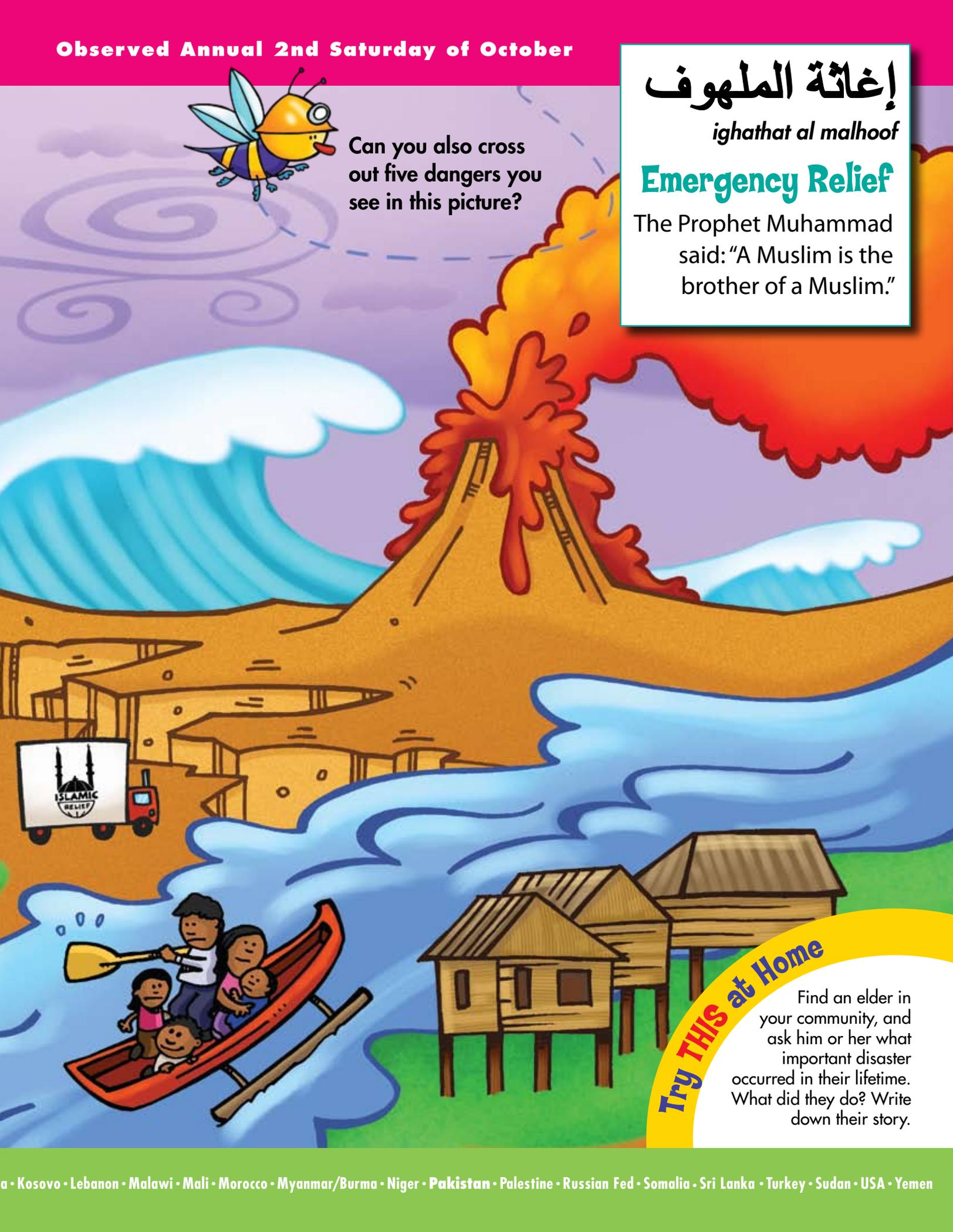
Can you also cross out five dangers you see in this picture?

# إغاثة الملهوف

*ighathat al malhoof*

## Emergency Relief

The Prophet Muhammad said: "A Muslim is the brother of a Muslim."



**Try THIS at Home**

Find an elder in your community, and ask him or her what important disaster occurred in their lifetime. What did they do? Write down their story.

## It's time to Act!

The slogan of **Islamic Relief** is **Think, Care, Act**. In this booklet we have given you many things to think and care about. Now its time to Act! Look at the dates at the top of each section in this booklet. Can you make your own activity at home, in school, at a mosque/house of worship, or in your community around one of these important dates?

Finally, in this booklet you have met our bee. You will also see the bee on our Kids page on our new website in a few months so stay tuned! For more of a challenge write and tell us about how bees work—like **Islamic Relief**—in building communities, helping the sick, and making the world a more beautiful place.

[www.BiteTheBug.org](http://www.BiteTheBug.org)

**BITE THE BUG**  
EDUCATE. COMMUNICATE. ERADICATE. MALARIA

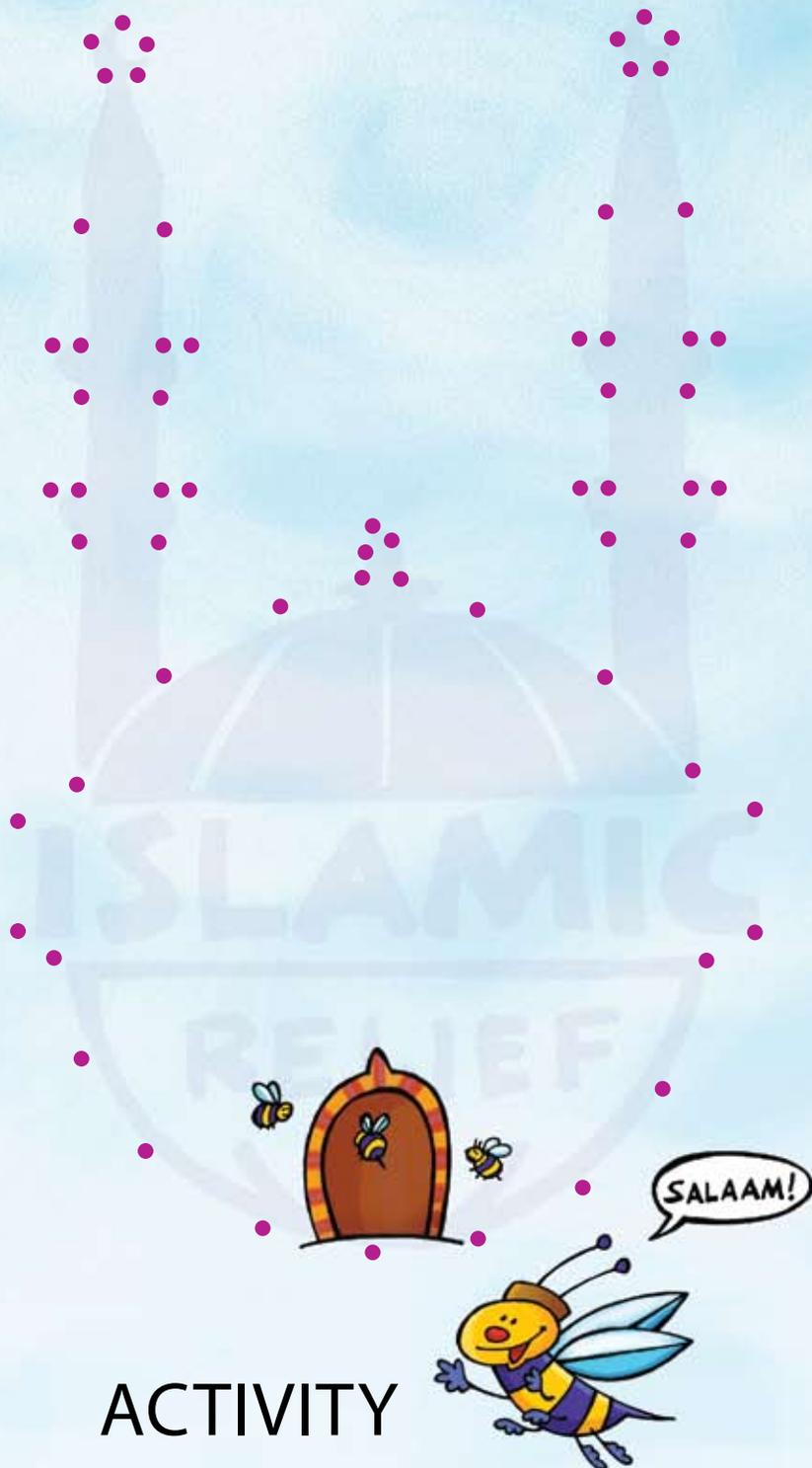
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## ACTIVITY

When you see the logo for **Islamic Relief**, you know that someone, somewhere, is being helped. Can you connect the dots here to finish our logo?

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